



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 20025, Cornmeal, yellow, self-rising, degermed, enriched**

**Report Date: June 27, 2017 03:47 EDT**

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

**Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.46 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 138g
<b>Proximates</b>					
Water	g	10.17	21	0.217	14.03
Energy	kcal	355	--	--	490
Energy	kJ	1485	--	--	2049
Protein	g	8.41	20	0.079	11.61
Total lipid (fat)	g	1.72	21	0.106	2.37
Ash	g	4.91	21	0.039	6.78
Carbohydrate, by difference	g	74.79	--	--	103.21
Fiber, total dietary	g	7.1	--	--	9.8
<b>Minerals</b>					
Calcium, Ca	mg	350	20	5.142	483
Iron, Fe	mg	4.73	20	0.163	6.53
Magnesium, Mg	mg	49	1	--	68
Phosphorus, P	mg	623	19	8.900	860
Potassium, K	mg	170	4	7.475	235
Sodium, Na	mg	1348	4	47.041	1860
Zinc, Zn	mg	1.00	1	--	1.38
Copper, Cu	mg	0.130	1	--	0.179
Manganese, Mn	mg	0.105	--	--	0.145
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.678	20	0.025	0.936
Riboflavin	mg	0.387	21	0.016	0.534

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 138g
Niacin	mg	4.566	21	0.196	6.301
Pantothenic acid	mg	0.312	--	--	0.431
Vitamin B-6	mg	0.390	1	--	0.538
Folate, total	μg	233	--	--	322
Folic acid	μg	202	--	--	279
Folate, food	μg	31	1	--	43
Folate, DFE	μg	374	--	--	516
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	11	--	--	15
Retinol	μg	0	--	--	0
Vitamin A, IU	IU	214	--	--	295
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.234	--	--	0.323
10:0	g	0.000	--	--	0.000
12:0	g	0.001	--	--	0.001
14:0	g	0.001	--	--	0.001
16:0	g	0.194	--	--	0.268
18:0	g	0.026	--	--	0.036
Fatty acids, total monounsaturated	g	0.429	--	--	0.592
16:1 undifferentiated	g	0.005	--	--	0.007
18:1 undifferentiated	g	0.424	--	--	0.585
Fatty acids, total polyunsaturated	g	0.739	--	--	1.020
18:2 undifferentiated	g	0.719	--	--	0.992
18:3 undifferentiated	g	0.020	--	--	0.028
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					